

BAR HILL NEWS

February 2016; Issue 567

MODERN DAY SLAVERY

**END
HUMAN
TRAFFICKING**
IT'S OUR GOAL
HOPE JUSTICE hopeforjustice.org

Yes, it exists even in respectable South Cambridgeshire!

This terrible situation begins when people see others as commodities, resulting in abduction or deception and false promises. Denied their freedom, victims may be threatened with violence to themselves or their family if they try to escape.

Consequently they are fearful of the police and other authorities, who are actually keen to uncover this crime and help the victims.

By being aware of the signs, we can be alert and potentially spot signs of slavery and be the first step to their freedom...

...because it could be going on closer than we think.

General indicators include:

- restricted, escorted movement
- signs of physical and mental abuse
- poor health, malnourished
- inadequate clothing – not warm or waterproof
- anxious, fearful of eye contact
- reluctant to engage in conversation.

Forced Labour

Victims may have been 'loaned' money for travel to a job but deductions for food and accommodation mean they are paid little or nothing and are permanently in debt.

They may experience:

- threat or actual physical harm
- restriction of movement or total confinement
- withholding of documents e.g. passport
- dangerous work conditions
- excessive work hours
- overcrowded, damp accommodation
- inadequate food
- threat of revealing to authorities an irregular immigration status.

Sexual Exploitation

Ordinary housing/hotels are increasingly being used for brothels.

Victims may:

- be moved between brothels
- have a limited amount of clothing, of which a large proportion is sexual
- be dominated by a male companion.

Domestic Servitude

Forced labour, living and working in a private home.

They may:

- have no proper sleeping place
- be forced to work excessive hours; "on call" 24 hours a day
- always be escorted by the 'employer'
- be malnourished.

Child Abuse

Sexual services in exchange for a favour such as alcohol, drugs or gifts.

You may notice a child that:

- often goes missing/truanting
- is secretive
- has unexplained money/presents
- uses vehicles with unknown, older adults
- shows evidence of physical harm
- shows signs of low self image/self harm.

Criminal Activities

Victims are forced/deceived into criminal activity such as pick pocketing, begging, cannabis cultivation and benefit fraud.

Similar to Forced labour, but for cannabis cultivation you may also notice:

- windows of property are permanently covered from the inside
- visits to property are at unusual times
- unusual noises from the property e.g. machinery
- pungent smells around the property.

The police are committed to safe guarding all vulnerable people, including victims of slavery. To report any suspicions dial 101 or report via Crimestoppers at www.crimestoppers-uk.org.

It doesn't matter if you are wrong – because what if you are right?

Deadline for March's edition is 15th February 2016 to bhneditor@yahoo.com, or see page 2 for other contact details.

BAR HILL RESIDENTS' ASSOCIATION

2015-16 COMMITTEE:

Chair:	Roger Hall	01954 780304	11 Almond Grove
Vice-Chair:	Paul Goodfield	01954 200228	15 Little Meadow
Secretary:	Anil Pallan	01954 782736	72 The Spinney
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The Objectives of the Association are to act as an intermediary between Residents and other parties, to keep residents informed of matters of importance and recreation in and around the Village, and to promote the interests of Bar Hill. Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator bunty.waters@ntlworld.com. Quarter-page adverts cost £15.50 per month and must be submitted by the 1st of the month prior to inclusion. These ads are for local businesses and we guarantee publication, but this often results in a waiting list. To help overcome this, we publish Maxi and Mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space. Maxi ads (6cmx4½cm-9cmx6cm) are £8.50 per month; Mini ads (6cmx2cm-6cmx4cm) are £5 per month, and should be submitted by 15th of the month prior to their inclusion.

EDITORIAL

There is no charge for Articles, What's On, For Sale and Lost and Found, and these appear at the Editor's discretion. Please submit items by 15th of the month. All telephone numbers without an area code are Crafts Hill (01954). All items can be submitted electronically on disc or to bhneditor@yahoo.com, [a Word file is best, please] or hard copy via Parish Council Office.

- THE MAPLE SURGERY -

Tel: 01954 780442; www.mhmaple.co.uk

Surgery Opening times:

Monday, Wednesday, Thursday	7.00am*-6.30pm
Tuesday, Friday	8.30am-6.30pm

(* appointments available from 7.30am)

Emergency on the day appointments: bookable by phone from 8.30am for the mornings and from 1.30pm for afternoons.

Midwife	Thursday	2.00-4.00pm
Physiotherapist	Tuesday	1.00-4.30pm
Podiatrist	Wed. & Friday	8.45am-12 noon
		and 1.00-4.00pm
Orthoptist	2nd Tues. of month	9.00am-12.30pm
CAMTAD	4th Tues. of month	9.30-11.30am



Out of Hours Emergencies – call 111

(Cambridgeshire and Peterborough 111 Service)

Health Visitors: (based at Longstanton Surgery):
01954 207612

Well Child Clinics: 3rd Tuesday of the month
1.00-2.30pm at the Children's Centre, Bar Hill (next to Primary School).

USEFUL TELEPHONE NUMBERS

• Church Office: 01954 206120 • Conservative Party (Iris Lay): 01954 205265 • Happy Hours (Helen Collins): 01954 782203 • Liberal Democrat Party (Andy Pellew): 07814 871752 • Library (renewals and enquiries): 0345 0455225
• Neighbourhood Watch: 01954 201001 • Parish Council: 01954 780456 • Police non emergency: 101 •
Post Office: 01954 789285 • Pre-School: 01954 782892 • Samaritans: 01223 364455 • School: 01954 273305 •
Social Club: 01954 781881 • Swavesey Village College 01954 230366 •

- NWR -

**CONNECTING WOMEN WHO ARE
INTERESTED IN EVERYTHING AND TALK
ABOUT ANYTHING**

NWR is a national women's organisation with members who enjoy lively conversations both serious and light hearted. It is for women, of all ages, who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us, come along to one of our meetings, you would be very welcome.

4th February **History of Department Stores** – choose one store and talk about its origin and life.

18th February **Belgium** – research one aspect of this country.

3rd March **Women Martyrs/Saints** – choose one and talk about her life and what made her a martyr/saint.

The Bar Hill NWR group meets informally, at 8pm, in members homes, on alternate Thursday evenings; we pay an annual fee of £18.00 and just £1.00 per meeting to cover local costs. If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Bobby Colver on 01954 781662 or Marie-The Last on 01954 780329

NWR can also be found on www.nwr.org.uk. Why not have a look!

- HEALTH AND WELLBEING CLUB -

This is a new group held in the Tesco Community Room on the second Tuesday of each month. The next one is Tuesday 9th February at 2pm until about 3.30pm.

The group focuses on all aspects of promoting and maintaining good health in every area. We start with a chair based exercise activity followed by advice from one of Tesco's departments, such as the opticians, Nutricentre. This also includes samples of healthy food and demonstrations. Later there will be visiting speakers. This is a unique and friendly group and is an ideal place to meet new people.

For further information contact Sue Kenchington on 01954 780260 or Wendy Arrowsmith.

- 8 O'CLOCK CLUB -

The 8 o'clock Club is an all-women's group which meets on the first Thursday of the month in the lounge in the school. We have a variety of speakers as well as a garden party, a birthday party and a Christmas meal.

4 February – Speaker from Help for Heroes.

3 March – Birthday party – members only.

7 April – School closed – no meeting except for those members going to Tesco.

If you would like further information, please phone Barbara on 01954 204171, Adela on 01954 204265, or Ann on 01954 204687, or come along to one of our meetings, we would be very pleased to see you.

- CARER NEEDED -

I am a Bar Hill resident who is looking for a carer to work some early evenings and cover holiday for other carers.

Good rates of pay.

Please call 01954 781926 for more information.

- HAPPY HOURS -

Catching up from November and December seems a long time ago but HAPPY NEW YEAR to all our readers.

Our collection in lieu of Christmas cards raised £30, which was sent to Alzheimers Research at Granta Park.

At our last club day, we had the pleasure of 20 children from Bar Hill School to sing some delightful songs for us, which everyone enjoyed. Many thanks to the School and Teacher.

Our Christmas lunch was held as usual at the Hotel where we were treated royally, with a lovely traditional lunch followed by musical entertainment by Tony Jacks, including some dancing. Our special Christmas raffle included gifts donated by Cambridge Building Society and Dobbies among others, and Tesco gave a lovely plant to all our lady members. Many, many thanks to all those mentioned. You helped make a really special day for our members.

One of our old members, Daisy Baytup, who now lives at Bramley Court, Histon, reached the grand age of 100 on New Years Day, it was a great pleasure to take a card signed by all members and a bunch of flowers to her, the first of our members to reach this age.

We would welcome new members – our club starts at 11am until 3pm with coffee, tea and light lunches. Our aim is to provide friendship and companionship.

For the Age UK Visiting Scheme call 0300 666 9868; for Silverline call 0800 470 80 90 – especially for those who are lonely.

Helen Collins, 01954 782203

- NEIGHBOURHOOD WATCH -

I'll huff, and I'll puff,
And I'll blow your house down
(or, I'll get into your house somehow).

Could the Big, Bad Wolf get into your home?

Cambridgeshire Police have launched Operation Hunter, an anti-burglary operation in South Cambs, and are giving residents the opportunity to check if their property is at risk. They have created The Bad Wolf Test, a short online quiz that will use your location and property details to evaluate how secure it is. It only takes a few minutes and gives a rating for your house against burglars – whether it is made of bricks, twigs or straw. Then if your home security needs improving they point you in the right direction for help.

Take the quiz at <http://tinyurl.com/bad-wolf-test> or, if you don't have access to a computer, ring 101 and ask for advice from the Crime Reduction Officer.

Don't let yourself be caught out – no-one wants to have their home broken into, and you can take steps to minimise the possibility.

AND did you see our Neighbourhood Watch publicity leaflet in early December? Are you in a street where NHW still needs a named contact? It's not an arduous job so please consider it. For more details email nhwinbarhill@yahoo.co.uk or ring 01954 201001.

Pam Vandy, Village Co-ordinator

NEWSPAPERS – WOOD GREEN

Would readers please note that Wood Green Animal Shelter at Godmanchester is desperate for newspapers to line the pens of small dogs and cats. Thank you.

- LETTERS -

Dear Editor

Bar Hill Primary School PTA would like to say a SPECIAL THANK YOU to everyone who contributed prizes and helped in raising the whopping £342.00 for the Christmas raffle. This will enable the PTA to help fund special projects for the school and its pupils, especially as the money raised will play a key role in the start of the Community Farm Project.

Special Thanks going to:

Helene Sausmarez-Carey – Star Wrapper & Naturally Delicious Cakes

Sam Deards – Cambs Property Bureau

Danny Carminati – Football Party

Kirsty Houston – Kirsty's Cakes

Michelle Gray – Yunique make up

Stuart Saunders – Urban Cars

Julie Griffin – Dobbies

Francine Cox – Total Relaxation

Waves Leisure club – Hallmark

Shaun Rutherford – Halls of Cambridge

Dion Gallichan – Photography

Vanessa Pond – Massages

Lisa Hall – The Retreat Hallmark

Golf club – Hallmark

Phoenix Cards

Meaw Chettwyn

Tesco – Bar Hill

Extra special thanks to all the parents and friends who donated the fantastic prizes.

Donations are very welcome all year round in preparation for next Christmas' raffle. Just bring to the school marked 'FAO Emily, PTA'.

Thank you once again on behalf of the PTA.

Emily Spenceley, Christmas Raffle Event Organiser

Dear Editor

I work for a documentary production company called The Garden. We make popular and well-respected TV documentaries like 24 Hours in A&E on Channel 4 and Inside Claridge's on BBC Two.

I'm getting in touch with you about a new series we're producing which will be presented by Anne Robinson, following on from her hugely successful series on BBC1 'Britain's Spending Secrets'. Anne now wants to explore the world of work by speaking to lots of people in different careers to try and answer the question 'Does work make you happy?'. Anne will meet a diverse group of individuals with varying careers, from nurses to millionaires, bin men to bankers and explore the link between work and happiness and our attitudes to work and happiness. We are in the early stages of casting and would love to hear from people who might want to take part in the programme. What is the secret to a happy working life? Is everyone paid what they are worth? Maybe you know someone who loves their job? Or loathes it? Do you have an interesting, unique or dangerous job?

We would love to hear from anyone interested in this opportunity. Please do not hesitate to get in touch by e-mail: work@thegardenproductions.tv; or by phone: 020-7261 1252.

Many thanks

Owen Griffiths, The Garden, One America Street, London SE1 ONE

Dear Editor

May I please express my sincere thanks to the two young gentlemen who so kindly came to my aid recently when my motorised scooter broke down outside my bungalow. Unfortunately I did not get their names, and I was most embarrassed when, having carried it all the way to my garage to put it away, they then managed to get it started for me, and I didn't ask their names.

Many, many thanks Lads!

Juene Dempsey

- BAR HILL BOOK CLUB -

Next meeting: Wednesday 16th February
7pm at The Fox

Please join our friendly group, we offer a lovely welcome, good company and great book choices.

Contact: sheilafarrar@hotmail.co.uk

HOLIDAY AT HOME

Bar Hill Church will once again host our annual "Holiday at Home" at Bar Hill Church for three days from Tuesday 5th to Thursday 7th April. This event is primarily aimed at pensioners, but it may be possible to include others who would benefit.

It is a "holiday without going away" and offering all the fun and activities that a holiday offers without the travel. A range of activities is available during the morning followed by a nutritious lunch. The afternoon offers entertainment and finally afternoon tea.

Please contact Sue Kenchington, 01954 780260 if you are interested or want further information.

BAR HILL COMMUNITY MARKET



Saturday 6th February
Saturday 5th March
Not April

10.30am – 2pm

In the Octagon CB23 8EH

– Entry is Free –

All profits go to community projects.

Refreshments and BBQ (weather permitting)

If you wish to be part of the market, please contact Karen Austen 01954 781085;

e-mail: bar.hill.community.market@gmail.com;

Facebook: Bar Hill Community Market





BAR HILL PARISH COUNCIL

Sue Bell, Parish Clerk: 01954 780456

e-mail: bhillpc-1@btconnect.com

Please note that the office is open to Residents between 9am and 11am Monday, Tuesday and Wednesday.

Visit our website: www.barhill.org.uk for updates on local matters.

On behalf of the Parish Council – Happy New Year to all. Could you spare some time to help your community? We have vacancies on the Parish Council – please see village noticeboard for details.

The Council has reviewed and set budgets for 2016-17. Income: £11,136; Expenditure: £133,505. The Precept has been set at £122,369.

The Community Transport Scheme is looking for volunteers to help those with difficulty accessing public transport for medical or social journeys: www.care-network.org.uk.

The Autumn/Winter tidy up of trees, hedges and vegetation is almost complete. A hard cutback on the spine path up to Little Meadow is scheduled for January.

Vehicles are not permitted to park or drive over the green amenity areas at any time. We have recently experienced extensive damage in some areas which will have to be repaired for the mowing season. Any concerns regarding condition of the public rights of way, faulty street lights, adopted roads and path should be reported immediately to the County Council: www.cambridgeshire.gov.uk/info/20081/roads_and_pathways/10/roadworks_and_faults. Let us know too so we can monitor and take up recurrent problems with the County Council.

A14 works – for up-dates www.gov.uk/government/news/essential-work-on-the-a14-m11-in-cambridgeshire.

Topland held an exhibition on 10 November 2015 for the public regarding proposals for 44 homes on part of the Hallmark Hotel site and have met with the Resident's Association. We understand a planning application will be submitted to the planning authority, South Cambs District Council, in the next few weeks. As a consultee, the Parish Council is awaiting details of the final submission application and will publish further information as soon as available.

Residents are urged to take 'lost' items, i.e. valuables, direct to the Police. The Parish Council office is manned only on a part-time basis and thus access for the public is limited.

The next Parish Council meeting will be held on Thursday 18th February at 7pm in the Parish Council Office. Members of the public and press are welcome. There is an Open Forum at the start of each meeting for residents to put their views across. Minutes of the previous month's meeting are on the village notice board.

Items for agendas must be placed with the Clerk at least seven days before the relevant Committee/Full Council meeting.

Handy telephone numbers:

Streetlights: 0800 253529 – give number written on lamp post;

Anglian Water (water supply and sewerage): 03457 145 145;

South Cambs District Council: 03450 450500;

County Council (damaged paths and roads): 01223 717111.

– GIRLGUIDING IN BAR HILL –



Rainbows (aged 5–7 years) meet on Monday and Wednesday;
Brownies (aged 7–10 years) meet on Tuesday and Wednesday;

Guides (aged 10–15 years) meet on Wednesday. If you would like to join in the fun, please register at www.girlguiding.org.uk/interested or e-mail us at barhillguiding@gmail.com.

Nina Hutt (Commissioner)

BAR HILL'S GOLDEN JUBILEE

Bar Hill's official fiftieth birthday will be on 1st April 2016. The area comprising Bar Hill was severed from Dry Drayton and became a parish in its own right on 1st April 1966.

It had been the intention that the 2016 Fete should commemorate the occasion. However, previous commemorations have been celebrated when the first residents moved into the village in May 1967.

It has been decided, therefore, to delay the Golden Jubilee Fete until 2017. Hopefully residents and village organisations will also hold special events in April to mark the village's official Jubilee.

Roger Hall, Chairman, Bar Hill Residents' Association

MATHS AND PHYSICS TUITION

Qualified teacher, with First Class Honours Degree in Physics, offers GCSE and A level tuition in Maths and Physics.

Telephone Paul Noble on 01954 780477

– BAR HILL COMMUNITY MARKET –

Happy New Year to you all.

We had a very good Christmas market with lots of new stallholders in both the Church and the Octagon. Last year we gave donations to the School, the Fête and the Church. If you know of any organisations who would like help with funding for community projects then please let me know. I would like to say a big thank you to Victoire, who made us new free posters for our boards. Also a big thank you to all who helped to make the market a friendly place to come in 2015, whether to spend, or have coffee and a chat. I look forward to seeing you all in 2016.

If you wish to be part of this market, either having a stall to sell your own crafts or if you are an organisation who wishes to fund raise, then please contact me on bar.hill.community.market@gmail.com.

Karen Austen 01954 781085

BAR HILL BABY AND TODDLER GROUP



This is held on Wednesdays and Fridays from 9.45–11.15am at the Octagon. It is for families and carers with children aged 0–4 years, with a variety of toys and activities for toddlers and pre-

schoolers, and a baby area with mats and age appropriate toys. Drinks and snacks are provided.

Prices: Under Ones – £1.00 (or FREE when paying for a sibling over one); Over Ones – £2.00.

Maximum charge per family/child-minder – £3.00.

Visit our Facebook page for details of future events.

– CHURCH MATTERS –



Bar Hill Church is a Local Ecumenical Partnership of five denominations
Bar Hill Church is a Local Ecumenical Partnership of five denominations – the Church of England, the United

Reformed Church, the Methodist Church, the Baptist Union and the Society of Friends. The Minister is Charles Mather, who may be contacted on charlesmather20@yahoo.com; 01954 277119.

Everyone is welcome to attend our services which, in February, will be held at the following times:

- | | |
|-------------|--|
| Sunday 7th | 10am Holy Communion with Café Church for young people
6.30pm Evening Worship |
| Weds. 10th | 7.30pm Service for Ash Wednesday |
| Sunday 14th | 8am Holy Communion
10am Quaker Meeting
6.30pm 'ReBoot' Informal Worship |
| Sunday 21st | 10am Holy Communion with Café Church for young people
6.30pm Prayer for Watermead and Brookdale |
| Weds. 24th | 10am Midweek Communion |
| Sunday 28th | 10am All Together Worship
6.30pm Holy Communion |

10am services are followed by tea/coffee, and there is a Traidcraft stall selling a range of fairly traded products.

Prayer for Streets: Each month we pray for people in two streets and during February we will be praying for Watermead and Brookdale. If residents have a particular prayer request for themselves or their family they are welcome to email Ginny on outreach@barhillchurch.org.uk. Residents of these roads are also invited to tea and cake at 6pm on Sunday 21st February followed by an informal service of Evening Prayer.

Groups for Adults:

Home Groups: Various groups meet in homes around the village and provide an opportunity to discuss Christianity with a friendly group of people and to enjoy one another's company. Most groups meet twice a month. If you would like to know more, please contact Bob Chappell on education@barhillchurch.org.uk; 01954 200987.

Art Group: Whether you are a complete beginner or an experienced painter, this group will give you a warm welcome. It meets on Wednesday afternoons throughout the year from 1.30–4pm in the Church. Meetings are very informal, with occasional visits from tutors. If you are new to painting, materials are available to borrow to help you get started. For further information, please contact Jan Hewins on 01954 201495.

Bring Your Own Craft Group: If you enjoy knitting, crochet, card-making or any other creative crafts, or are just beginning but would like some help, join us in the Octagon from 2.15–4.45pm one Saturday each month. Please bring your own craft activity and

materials and we will provide company, refreshments and a chance to unwind.

Dates: 27th Feb, 19th March, 23rd April, 28th May, 25th June.

Contact Wendy on 01954 782041 for more details.

Knit and Natter: This is a long-established group which meets weekly on Thursday afternoons from 1.15–3.30pm in the Octagon. We are a friendly group who support one another, and other groups who need our help. We send hats, jumpers and blankets to wherever they are needed throughout the world. We hold a number of events during the year, including outings, coffee mornings, a Christmas lunch, and 'Holiday at Home' at Easter. Everyone is very welcome, whether to knit, or just to chat and meet new friends. For more information, please contact Sue Kenchington on 01954 780260.

Coffee Stop: This group is run by volunteers on Wednesdays from 10am–midday in the Bar Hill Library. Coffee, tea and biscuits are served at a modest price. We aim to provide a friendly meeting place to chat with friends old and new. The Coffee Stop is used regularly by the Bar Hill Health Walkers, and by members of the Horizon Group. We are grateful to library staff for accommodating us and would love to welcome new people to join us. We encourage everyone to borrow a library book regularly to help keep this facility available for our village. For more information, please contact Sue Kenchington on 01954 780260.

Eco Group: The group meets for an hour in alternate months to think about how we, as a local community, can best use our world's resources both for our own benefit and for that of future generations. Our next meeting is on Sunday 6th March, 11.30–12.30 in the Church (the TNT Room in the main building), and you would be very welcome to join us. For further details, please contact Marguerite on ecogroup@barhillchurch.org.uk.

Music Group: This group meets at 7.30pm on most Friday evenings in the Church to practice the music for Sunday services. If you sing or play and instrument, you would be very welcome to join us. For further details, please contact Bob Chappell on education@barhillchurch.org.uk.

For Children:

Messy Church: This group for pre-school and primary age children and their carers meets in the Octagon from 3.15–5.15 on the 3rd Wednesday of each month. Each session begins with craft activities followed by a story and song on a Bible theme, and ends with a simple meal. For more information, please contact Heather at cyp@barhillchurch.org.uk.

Holiday Club: This will take place from Monday 25th July – Friday 29th July 2016 and is open to all children of primary school age.

For Children and Young People:

Café Church: As an alternative to the Sunday morning

- CHURCH MATTERS -

service, the children and young people meet in the Octagon on the 1st and 3rd Sundays for breakfast, worship and a learning activity. Kidzone for primary school children only is on the 2nd Sunday morning in the Octagon. A crèche is also available during morning services, in the meetings room.

For Young People:

ReBoot (2nd Sunday of the month): This informal evening service, held from 6.30–8.00pm, is for adults and young people. It begins with cake, biscuits and drinks and uses contemporary music and format.

Cell Groups: These groups of young people meet once a month to learn about the Bible and the Christian faith.

Youth Socials: An opportunity to relax and play games (including Wii, Pool, Table Tennis), or themed parties on the 1st Sunday per month from 7.15–9.00pm in the Octagon (school year 7–8s may be collected at 8.30pm).

Soul Survivor Camp will take place from 13th–17th August at the Bath & West Showground near Shepton Mallet. Over 20 of us go every year (age range 14+) and have a super time and fantastic food.

For more information about any of these and other activities for children and/or young people, please contact Heather at cyp@barhillchurch.org.uk.

Church Events in February

6th **Community Market** 10am–2pm in the Octagon.

6th **Huntingdonshire Concert Band Presents: Anything Goes!** 7.30pm at Bar Hill Church

- WANTED -

A caring and reliable person to help occasionally to walk a small dog in Bar Hill. Times negotiable. Please call 01954 789243 after 6pm or weekends.

S DYE

For all your Painting & Decorating needs.
Please call 07806 629972 or 01954 230484

...did you know...

...hippopotomonstrosesquippedaliophobia is a fear of long words! really?

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

Hills Road, Cambridge

The Catholic Church serving Bar Hill

<i>Parish Priest:</i> Mgr Peter Leeming	Tel: 01223 350787
<i>Local contact:</i> Bunty Waters	Tel: 01954 201421
Monday, Wednesday, Thursday, Friday	8am and 12.15pm
Tuesday	8am and 7.30pm
Saturday	6pm. First Mass of Sundays

Masses in the Parish Church in Cambridge; also 5pm at Cambourne and 6pm at **The Octagon**, Bar Hill.

Holydays of Obligation 8am, 10am, 7.30pm

Sacrament of Reconciliation

Tuesday	6.45pm (not after Mass)
Saturday	10.30–11.15am, 4.30–5.15pm, 7.00–7.45pm

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

- OPPORTUNITY -

VOLUNTEER DRIVERS REQUIRED

Can you spare any time?

The Over Day Centre is a thriving charity that offers high quality day care for the frail and elderly of Over and the surrounding villages. We urgently require Volunteer Drivers for transporting our clients to and from the Centre on Tuesdays – 9.15–11am and 3.15–5pm. Full training will be given and a DBS check will be required. For further information, please contact Sarah Peck, Centre Manager, on 01954 231807; office@overdaycentre.co.uk, or at Over Day Centre, 1 Drings Close, Over, CB24 5NZ.



- TOM MOORE - BUILDING WORK

All types of small building work undertaken by experienced craftsman. Competitive rates.

E: tombola49@aol.com; T: 078125 71384; 01954 202677;

CONSULTATION ON ADVOCACY SERVICES

Cambridgeshire County Council and Peterborough City Council are consulting with anyone with an interest in the future of advocacy services across Cambridgeshire and Peterborough. They are seeking feedback on the draft specification for an integrated advocacy service in their areas. Both councils are fully committed to the principles and benefits of independent advocacy and want the new advocacy service to build on the success of current and previous advocacy services. There will be one contract for advocacy services in Cambridgeshire, and one for advocacy services in Peterborough.

A three month public consultation opened in November 2015. For more information and to take part visit www.cambridgeshire.gov.uk and search for 'Consultations' to complete the online survey.

If you do not have internet access and require a paper copy of the consultation, or if you need it in an alternative format such as large print or Easy Read please contact:

Cambridgeshire: Carol Williams, T: 01223 706130; E: carol.williams@cambridgeshire.gov.uk;

Peterborough: Helen Gregg, T: 01733 863618; E: helen.gregg@peterborough.gov.uk.

The consultation closes on **20th February 2016**.

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Tuesday	Danielle (Boot Camp)	8.00–9.00pm
Wednesday	Helen Jones (Dance)	4.00–6.45pm
Wednesday	Zumba	7.00–8.00pm
Wednesday	Pilates	8.00–9.00pm
Thursday	Pilates (term time only)	10.00–11.00am
Thursday	Weightwatchers	7.00–7.50pm
Friday	Stage Starz (term time only)	5.45–6.45pm
Friday	Martial Arts	7.45–9.00pm
Saturday	Sweat and Tone	8.00–9.00am
Sunday	Bingo (doors open 7pm)	7.30–9.30pm
	Cash prizes	

If you wish to book any of these facilities, or get more information, please call 01954 782414 and leave a clear message. We'll call back within 24 hours Monday–Friday); or e-mail barhill.villagehall@btconnect.com.

We look forward to hearing from you.

NEW YEAR, NEW YOU

– TIME TO MAKE A DIFFERENCE –

Are you keen to make a difference in 2016? The Royal National Institute of Blind People (RNIB) is in need of volunteers in Cambridgeshire to join our Community Fundraising Team and help to make every day better for the 18,210 people in the area living with sight loss or blindness. Every day 100 people in the UK are told they may lose their sight. Right now RNIB can only reach one in three of the people who need our help most. Join RNIB's Community Fundraising Team and help us reach them all.

From setting up a fundraising group with friends to arranging and helping at collections, speaking about RNIB to potential supporters, to placing sooty boxes in your local area, we will have something to suit you. You will receive all the support you need to ensure your volunteering experience is enjoyable and rewarding while helping us to raise vital funds.

To get involved or to find out more please call us on 0345 345 0054, visit www.rnib.org.uk/fundraisingvolunteers or e-mail communityfundraising@rnib.org.uk.

About RNIB

Every 15 minutes, someone in the UK begins to lose their sight. RNIB is here for everyone affected by sight loss – that's almost **two million** people in the UK. If you, or someone you know, has a sight problem, RNIB can help. Call the Helpline on 0303 123 9999 or visit www.rnib.org.uk.

BAR HILL SPORTS AND SOCIAL CLUB



The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles and cribbage, or enjoy a drink in our quiet lounge bar.

Visit our website, www.bhssc.org.uk or join us on Facebook, at Barhillsports.Socialclub.

What's on in February?

Sat. 6th Membership Draw, £50 to be won on the night

Sat 20th Membership Draw, £50 to be won on the night

Looking Ahead...

Sat. 5th March Membership Draw

Sat 19th March Membership Draw

Do you live in the smartest street in the Village?

That's smart as in clever! We are holding a quiz in March that will pit Bar Hill Street against Street. So grab another five people from your street and join in. Full details in next months Bar Hill News.

Saturday Football Teams Home Games – K/O 1400

6th Feb Bar Hill Saturday Res. v Brampton Res.

13th Feb Bar Hill Saturday v Witchford 96

20th Feb Bar Hill Saturday Res. v Isleham United.

27th Feb Bar Hill Saturday v Needingworth United.

Bar Hill Ladies Football Team home games

21st Feb v Fulbourn Bluebirds.

Not a Member?

New members are always welcome. Join now for £10, Seniors £5. Pop in and have a look around. Please ask the bar staff for a membership form. See our website for opening times.

Andrew Wilkin, BHSSC, 01954 781881

STORYTIME AT BAR HILL LIBRARY

Stories and pictures, rhymes, songs and craft activities, from 10.30am at Bar Hill Library, on Saturday 6th and Saturday 20th February.

Open to children of pre-school age and their older brothers and sisters who are accompanied by an adult, Storytime offers half an hour or so of book-based fun twice every month.

Often there is a theme, explored through stories, songs and craft. There is no need to book; just come along to give your child the opportunity to experience what is gained by learning to read.

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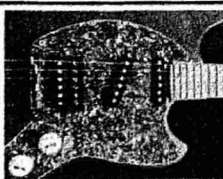
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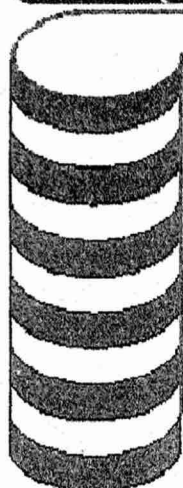
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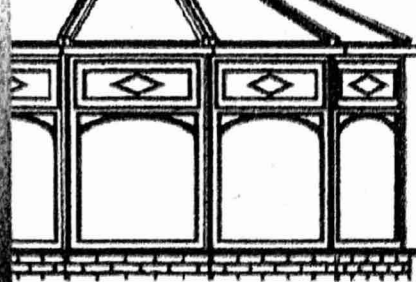
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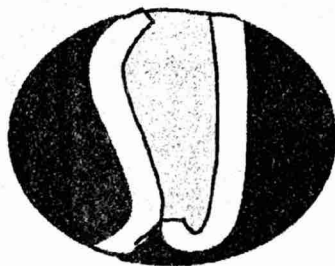
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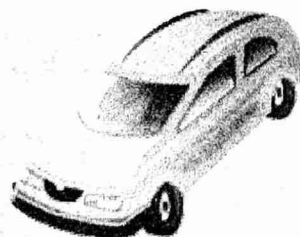
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- FRIENDS OF THE ROSIE -



Happy New Year from Friends of the Rosie Hospital, a local charity. We raise money through the Tea Bar at the Rosie Hospital outpatient department and through our trading arm Rosie in Stitches which raised £1,600 in 2015, to spend on items that the NHS does not buy.

We hope our readers have enjoyed their Christmas and are looking forward to a prosperous 2016.

This winter we have a small display at the **Tea Bar, Outpatient Department, Rosie Hospital** at Addenbrooke's, CB2 2QQ.

Our next stall will be on **Saturday 6th February 10.30pm to 2pm** at **Bar Hill Community Market, The Octagon, CB23 8EH.**

We will have gifts and ideas for Valentine's Day.

Our Annual General Meeting will be at **The Rosie Hospital** on **Monday 7th March** from **12.30pm.**

We have discounted items for sale in our eBay Charity Store [RosieInStitches2010](http://www.amazon.co.uk/shops/A302NWPGRSHC7HN), books on Amazon at

<http://www.amazon.co.uk/shops/A302NWPGRSHC7HN>, and second hand patterns and craft materials on our Facebook page. There are links to affiliate stores on our website where we will get a donation.

To support Friends of the Rosie Hospital, Cambridge, visit <http://www.easyfundraising.org.uk/causes/forh> and follow the instructions. You can raise funds by using the Easyfundraising search site at

<http://forh.easysearch.org.uk>. There are competitions to enter on the Easyfundraising blog

If you have any spare polyester toy stuffing or yarn we are in urgent need of your donation.

Follow us on the Rosie-in-Stitches facebook page. New knitted clothes and toys for sale on our website www.rosieinstitches.org.uk.

If you can improve our website, organise the three large stalls per year at Addenbrooke's Outpatients, provide transport for our volunteers or display a small selection of our wares please contact a member of the committee, details are given on our website.

Thank you for all your support.

- JH FITNESS ACADEMY -

A new Gym with a difference has opened in Bar Hill. JH Fitness Academy specialises in group fitness classes and one-to-one personal training.

"No goal was ever met without a little sweat."



Trainer Junior Herbert is a former ISKA Commonwealth Muay Thai Champion, and three times National Kickboxing and Muay Thai Champion. He has been personally training clients since 2003 under the name of JH Personal Training.

Here are some of the classes, held at various times of day, between 6am and 9pm:

- Thai boxing • boot camp • elite boot camp • body blast • Kettlecise • Boxercise • agility strength and conditioning • Zumba gold • one-to-one personal training • thighs, tums and bums •

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Like us on Facebook for more information.

- MAPLE SURGERY NEWS -

Tel: 01954 780442

www.mhmaple.co.uk

Flu Vaccinations – if you received an invitation to our flu clinic but were unable to attend, it's not too late. Please contact the surgery to make an appointment.

Shingles Vaccinations – if you are aged 70, 71, 72, 78 or 79 years on 1st September 2015, please contact the surgery to arrange an appointment with the Practice Nurse. [Please note that this is a one-off vaccination and, due to possible side-effects, we are unable to offer this at the same time as a flu vaccination.]

Free NHS Health Checks – if you are between 40 and 74 years old and have not had an NHS health check in the last five years, please book your check with the nurse.

Emergency/On the Day Appointments and Test Results – please remember that morning appointments may be booked weekdays from 8.30am, and afternoons from 1.30pm. Telephone requests for blood results will only be accepted after 2pm.

Online Appointments and Repeat Prescription

Requests – registered patients can now book GP appointments and order repeat medications on the surgery website www.mhmaple.co.uk. Please call in to the surgery with one piece of photo ID to obtain your username and password. As from 31st March 2016, we are planning to offer online access to coded data in patient records.

Repeat Prescriptions – please do remember to allow two clear working days for your repeat prescription requests to be processed. For your own safety we are unable to accept any medication requests over the telephone. You may order repeat medications on our website, via our dedicated e-mail maplesurgery.repeats@nhs.net or put your completed repeats slip into the grey repeat prescription box located on the wall in the front entry foyer of the surgery.

The Maple Surgery Team

UPDATE FROM TOPLAND REGARDING THE FUTURE OF LAND NEAR TO THE HALLMARK HOTEL

Topland wishes to thank the Bar Hill residents who attended the consultation on 10th November 2015 at the Hallmark Hotel. The event, which showcased our development proposals for land near to the Hallmark Hotel, was very well attended and the project team have been analysing feedback.

Topland appreciates that a number of Bar Hill residents were unable to attend this event. As such, a leaflet on the latest proposals will be circulated to every property in the village in the next few weeks. The leaflet will detail the site location, what the latest proposals are, and how they have responded to feedback from local residents.

Please do keep an eye out for the leaflet. If you do not receive one, additional copies will be left at the Parish Council office. If you have any questions, please e-mail dannyhackett@bellenden.co.uk or telephone 020-7234 3305.

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- BAR HILL CHILDMINDERS -

If you are thinking of going back to work or would just like to have a bit of time to yourself, then why not leave your child in a friendly environment with a Childminder who is Ofsted registered, fully insured and First Aid Trained? Childminders offer a wide variety of activities including trips out to local toddler groups and parks, arts and crafts, music, stories and much more.

If you would like to find out more, you can call any of the Childminders listed below or just come along to our 'Little Bunnies' session on Thursdays to meet us all (see below).

Childminders with current vacancies:

Kirsten	01954 200228
Terri	07846 018714
Kirsty	07584 168909 (school-age children)
Melanie	01954 204496 (0-5yrs)
Carol	01954 780238



'Little Bunnies' Toddler Group for Babies and Pre-school Children and their Parents/Carers. We meet on Thursdays 9.45-11.15am in the Octagon (term time only) £2.50 per family/carers, or £1 per adult with one child under a year old. Includes soft drinks and healthy snacks for the children, hot drinks for the adults. We have a large range of indoor and outdoor toys.

'Little Bunnies' Sensory Sessions at the Octagon on Tuesdays from 9.45-11.15am during term time. Come and let your little ones experience a range of sensory activities, from messy play (aprons provided) to music and story acting!
Snack and drink for children; hot drink for adults included.
£1 under 1yr; £2 per child; £3 for two or more children.

- TESCO COMMUNITY NEWS -

My name is Karen Taylor, and I'm the new Community Champion for Tesco Bar Hill. Along with my colleagues, Julie Sheppard and Andrew Bailey we'd like to wish everyone a Happy New Year. We also wish former champion Alison Pinney all the best in her new role. And so a new year starts I'm looking forward to meeting many of you either in store or at the local groups I wish to attend and help, so if you have any requests please do not hesitate to contact me I'd love to come along and meet you.

I'd also like to thank everyone who donated books for our charity fundraisers. We appreciate this and welcome all donations. Please could these be left at customer services?

Contact me at barhill.communitychampion@gmail.com. Julie Sheppard, responsible for the community room and farm to fork trails, can be contacted at barhillcommunityspace@gmail.com; and Andrew Bailey who's role it is to enhance your shopping experience along with assisted shops when needed. Tel: 07858 404103.

Please note any abandoned trolleys can be collected by calling trolley wise 0800 3161241.

...did you know...

All the clocks in the movie Pulp Fiction are set at 4.20?

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Health Visitor: 01954 207612.

Out of hours ring: 111.

Website: www.willinghammedicalpractice.nhs.uk.

HAPPY NEW YEAR FROM ALL THE STAFF!

Out of Hours Care - please remember to phone Urgent Care Cambridge on 111 if you require medical attention when the surgery is closed. Please remember that Accident & Emergency is intended for life threatening conditions or if you are likely to need an X-ray.

Missed Appointments - in December 2015, 91 appointments were missed, amounting to almost 17 hrs' lost time. In November, 115 appointments were missed, amounting to 21½hrs. When appointments are not cancelled we are unable to give them to other patients - **PLEASE CANCEL YOUR APPOINTMENT IF YOU NO LONGER NEED IT!**

Antibiotic resistance - both the NHS and health organisations across the world are trying to reduce the use of antibiotics, especially for less serious conditions, to combat the problem of antibiotic resistance. Overuse in recent years has played a major part, including using antibiotics to treat minor conditions that would have got better anyway. This has led to the emergence of "superbugs", strains of bacteria that are resistant. The biggest worry is that strains may emerge that cannot be effectively treated by existing antibiotics.

Carers Support Meetings - our next meeting at Willingham Surgery is on Wednesday 9th March from 2-4.30pm. Stephen Duffy from Buckles Solicitors is coming in to talk about Wills and Power of Attorney. Please pop along and get some free support and advice.

Camtad Hearing Clinics - next clinics will be held at Willingham Surgery on Wed 17th February from 2-4pm, Wednesday 16th March & Wednesday 20th April. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

Sharon Unwin, Manager

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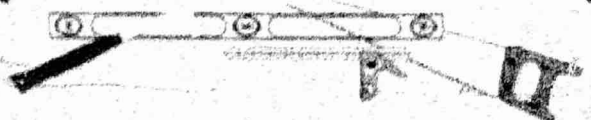


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Little Acorns Extended Day Care



Little Acorns Extended Day Care is an out of school club registered to care for children age 2–11 years, from 8am–6pm during term time and school holidays. We are situated next to the primary school along the concrete track which leads to the Farmhouse. Please feel free to drop in for a look around. Flexible Hours can be booked any time during weekdays. Our current cost is £3.60 per hour. A 50% sibling discount is available and a 20% lone parent discount. Our breakfast club is open from 8am and is suitable for all ages. Children have access to all three rooms in the building and the garden area throughout the day. We offer a wide variety of activities and resources where children can explore, investigate, learn, create and have fun.

We have a 'mini acorns' session for children who are just starting pre-school (from age 2). These are slightly shorter sessions (9–11.15am), open Monday to Friday term time only, in a separate, quieter room with a higher staff ratio (max 12 children per session with 3 staff). We employ only qualified and experienced staff who are caring and dedicated.

Children can access 15 hours per week of free sessions under the Early Years Funding Scheme in the term after they reach 3yrs. Families on Income Support, or who fulfil the criteria for free school meals, may also be able to access 15 hours per week of free sessions for their 2 year old, via 'Free Twos' funding. Enquire at the children's centre for advice on applying for this.

If you would like more information or a registration form please e-mail: littleacorns.barhill@ntlworld.com, or phone Sally or Gail: 07851 803083 / 07982 238658 for pre-school age; for out of school care please e-mail: mightyoaks.barhill@virginmedia.com.

The building can also be hired out at weekends/evenings for parties and family events. Please e-mail for a booking form if you are interested – you do not need to have a child at the pre-school to use this facility.

– BAR HILL CRICKET CLUB –



Thoughts have already turned to 2016 and building on our championship-winning season last year. We will be holding our winter indoor net sessions at Fenner's this year, starting on Tuesday 23rd February, from 6–7pm.

Further sessions are on Tuesdays 8th, 22nd, 29th March from 6–7pm, then we really step up our preparations in April, with sessions on Mondays from 6–8pm on 4th, 11th and 18th April. The nets won't be our first action of the winter – we have already held a couple of youth training sessions indoors at the school and will be announcing details of the summer youth programme in the next couple of months, so watch this space. By the time you read this, we will have held our annual meeting – details in next month's Bar Hill News. For information on all aspects of the club, visit www.barhillcricket.org.uk. We also have a Facebook page and you can follow us on Twitter @BarHillCC.

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– WILDLIFE TRUST –

HUNTINGDONSHIRE LOCAL GROUP

Wednesday 10th February at 7.30pm: a talk by Chris Gerrard, Anglian Water, entitled **Biodiversity: Anglian Water's Natural Partner**. Chris will explain how the company is working to conserve and enhance wildlife on its land and how this work impacts the whole region through the provision of water and water recycling.

Wednesday 9th March at 7.30pm: an illustrated talk entitled **Are New Developments Ever Good for Wildlife?** Martin Baker, Wildlife Trust, will explain that Cambridgeshire is one of the fastest growing counties in England, with plans for many new towns and extensions to existing towns.

All of these will be held at **Brampton Memorial Centre, Thrapston Road, Brampton, PE28 4TB**. Anyone interested in wildlife is most welcome to attend. Booking is not necessary. Entrance charge: £2.50 (accompanied children free). Please contact Tim on 01480 457795 for further information.

DO YOU HAVE WHAT IT TAKES TO INSPIRE AND ENCOURAGE A YOUNG GENERATION?

We're delighted to be launching a Volunteer Police Cadet Scheme in Cambridge. The scheme will promote a practical understanding of policing among all young people and encourage the spirit of adventure and good citizenship through volunteering in the community. It will also provide opportunities for structured youth engagement and diversionary activities.

Vital to the successful running of the Cadet Unit will be our adult volunteer leaders. We're looking for enthusiastic and committed people who will inspire our young people to achieve their goals. No particular experience is required and we will provide necessary training, support and development. So if you are available on a Wednesday from 3.30–5.30pm then this role could be for you.

For further information, and an application form, please look on our website: www.cambridgeshire-pcc.gov.uk/volunteer-schemes/volunteer-police-cadets-scheme/want-police-cadet-scheme-volunteer/. If you're interested in joining our team, please complete the form and return to us as soon as possible, then we'll arrange to meet with you to discuss further.

For further information, please contact Hannah Watson, Volunteer Co-ordinator:
T: 01954 713911;
E: hannah.watson@cambs.pnn.police.uk.

...you couldn't make it up...

During the American Civil War, Union General John Sedgwick was shot and killed moments after standing up in his trench to instruct his men to stand up because Confederate soldiers "couldn't hit an elephant at this distance".



Bar Hill Pre-School

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http://www.barhillpreschool.co.uk

VILLAGE HALL

01954 782892

Our ethos is to ensure high quality care by focussing on each child's ability and interests. Our key person and buddy system enables our team of highly qualified staff to plan activities to reflect all the needs of our children.

We offer fully flexible care between 9am-3pm, for children aged 2-5yrs and are registered for Nursery Education Funding (NEF) as well as the government scheme 'Funded 2's'. Please get in touch with Sarah or Michelle to arrange an informal visit.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to discovering worms, ladybirds and other creatures that share the area at the setting. We are proud to offer many additional learning experiences for your child with regular visitors to the setting as well as exploring the community around us.

The setting is intimate and comfortable and provides a safe environment for your child to learn and develop with their peers. The indoor area has a quiet corner for reading as well as a range of toys and equipment for your child to discover. We have strong ties with the community through visits to local businesses, the library and the church.

Parent/Carer Partnership

From September we are introducing **Online Learning Journals** where each parent can follow the development of their child in words and pictures via a secure login.

Please contact us on the above telephone numbers or: enquiries@barhillpreschool.co.uk

Our setting manager as well as session allocation coordinator, Sarah, and her deputy Michele are always on hand to support you through the registration process.

We look forward to meeting you and your child.

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– DRAMA STARS –

Drama sessions led by two professional teachers, for children aged 7-11 on Sundays 2.30-3.30pm in the Bar Hill Community Room, Tesco.

Do your weekly shop whilst your children enjoy an hour of drama games and skills!

Sessions cost £5 per child. To book a place, contact Charlie on charlie.bown@outlook.com.

MARTIAL ARTS SUCCESS FROM CAMBRIDGESHIRE

In September 2015 a team from Martial Active, a new kickboxing club based in Over, entered the Martial Arts All Styles International Federation (MAASIF) British Open 2015 tournament in Kent. They returned with three trophies!

The team was comprised Isaac Weeks, 7, Eden Weeks, 8, and Ionut Muresan, all coached by Ben Weeks, owner of Martial Active. This was the first national competition the club has entered.

Isaac went in to the competition with great confidence. He has progressed rapidly, and his performance was especially impressive, coming away with 2nd place in the 'Points' fighting category where he showed good control and composure, demonstrating some great kicks.

Eden had some tough opponents. She took a couple of knocks, but stuck with it and dished many fluid roundhouse kicks. She reached the fight-offs for 3rd place in the points fighting but just lost out to a split decision in the 'Light Continuous'. She was pleased with her 4th place finish, losing to the eventual winner of that category. She will do well in future events.

Ionut Muresan fought against some much larger and heavier opponents in the 'Points' category with some tough fights. He took 3rd place overall. The 'Continuous' category had some very experienced fighters. However, this was a useful learning experience for Ionut.

Videos are available at www.facebook.com/Martial-Active-Ltd-516648621825905/.

Martial Active uses traditional martial arts (kickboxing) techniques in a high intensity workout for kids and adults. Our classes are held in Over.

To find out more: www.martialactive.co.uk, find us on Facebook or call Ben Weeks on 07968 847178.



The Team:
clockwise from
top left:
Ben Weeks,
Ionut Muresan,
Isaac Weeks,
Eden Weeks

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- NEW YEAR BULLETIN - FROM CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

Happy New Year! And why not make a resolution to help keep your family fire safe this year? At CFRS firefighters are encouraging people to make three New Year Resolutions in 2016 – and stick to them!

- Make sure you have a correctly fitted working smoke alarm on every floor of your house and test it weekly.
- Check older relatives and friends have a working smoke alarm and test theirs regularly.
- Make a fire plan so you and your family know what to do in case a fire breaks out in the home.

Think the fire service is all about putting out fires and rescuing people from road crashes? Think again! At CFRS, the men and women on the frontline deliver important fire safety advice to dozens of communities – from visiting schools to care homes, mother and toddler groups to community fetes, our firefighters play an integral role in keeping YOUR community safe.

And we'd like you to think about joining us. The role of a firefighter is varied and exciting but most importantly, it can make a real difference to people's lives. The next recruitment process for whole-time firefighters opens on 6th February.

To find out more, log on to www.cambsfire.gov.uk; find us on Twitter, Facebook and Instagram.

To find out if you are eligible for a free home fire safety check, call 0800 917 99 94.

Find us on Facebook, Twitter and Instagram, or contact us on 01480 444500.

- FOR SALE -

Two pairs black suede high-heeled boots size 6 barely worn (indoors); one has pointed-toe, stiletto-heel, other has rounded-toe, chunky-heel: **£4 each**

Dark plum suede "Next" coat. Unworn, size 14: **£12**

Classic dark grey wool/cashmere coat, size 12, only worn twice: **£8**

Black quilt-lined hooded rain-resistant coat: **£8**

Contact: 07802 720664

- BAR HILL HEALTH WALKS -

Free every Wednesday morning
Meet at Maple Surgery at 10:30am

Our walks are all weather (in case of rain you will find us under the church porch), free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short Health Questionnaire. Copies are available on the PPG noticeboard in Maple surgery, and at www.walkingforhealth.org.uk.

Contact: Patricia Daniels T: 07917 874402;
E: danielsoohn@btinternet.com; or Josephine Powell
T: 07901 558108; E: jopowell45@hotmail.com.

- DOBBIES -

HAPPY NEW YEAR BAR HILL!

Many thanks to John and Ann of Acorn Avenue who raised £103.35, and John and Joyce of Oatlands Avenue who raised £116.34 – a total of £219.69 for The Teenage Cancer Trust!

Now that Christmas has passed, Dobbies has a new gift range to browse. Also keep warm the rest of this season – winter fuel available in store.

Think about your gardening! A new, full plant range is available at our outdoor plant area, including a corner display of summer bulbs, and seed potatoes. Grow Your Own – trays of plug plants available by mid-February. And now available in our indoor plant area – a lovely colour variety of £7 Phalaenopsis Orchids, and a mix of specially priced, large foliage plants in 24cm pots at £20. Match your indoor plants with our decorative pots, found near the tills.

A perfect time to sign up and take advantage of our Dobbies Loyalty Card. Receive the many benefits: save **10% on all plants, bulbs and seeds every day**, collect two points for every £1 you spend in-store (1 point = 1p), enjoy two *free* hot beverages monthly in vouchers (available to use at Tesco Cafe), and take advantage of exclusive shopping events and offers during the year. [We apologise but Harris & Hoole will no longer be accepting our Garden Club vouchers.] Customers who sign up in-store and choose our **£10 direct debit option** will receive a **free gift** which varies each month. Even though there is an annual sign up fee, you make your money's worth extremely quickly, sometimes with the value of the free gift alone. You can also sign up on line, then just pop in for your free gift.

For further information please call us on 01954 785451 or pop in for a chat!

Julie Griffin

BAR HILL TAE KWON-DO CLUB



Tae Kwon-Do, the Korean art of self-defence, is suitable for the whole family. Lessons are held at Bar Hill School on Mondays. **Junior class** (beginners' class from 4 years old) is from 1700–1800; **Junior and Adult class** 1800–1930. Sparring Classes

are held on Sundays from 1000–1130. Free taster sessions. Family discount.

Text, call or e-mail: Mister Jason Newton, 07745 436806; jason.newton@btinternet.com; or Sam Dethridge, 07767 697236; barhilltkdjuniorclass@gmail.com.

Part of the Tae Kwon-Do Association of Great Britain (TAGB).

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BAR HILL COLTS FOOTBALL CLUB NEWS

Focus on the Bar Hill Eagles U12s

Bar Hill Eagles have been running now for nearly five years, but the current team is almost unrecognisable from 12 months ago. A number of new boys have come into the team more recently, but some players still remain from when the team first started out.

However, despite the fact that the team nearly folded two years ago and last season a number of children left the team, it is testament to those boys that have kept the team going. Playing 9v9 in the Cambridgeshire Mini Soccer League, we now have the luxuries of substitutes every week and the team is going from strength to strength.

Please come and support our young Colts players and referees on Saturday mornings on the Bar Hill Village Green when we're playing at home.

Squad: Oliver Akpaka, William Cundy, Daniel Norden, James Thomas, Harvey Carruthers, George-Peter Kossivas, Paul Pallan, Adam Underhay, Samuel Connor, Joshua Croucher, Matthew Stewart, Bartosz Wiczorek.

THE ALLOTMENT SOCIETY



Anyone interested in renting space to grow their own produce can be put on our waiting list for membership. Please contact Rob Lawrence, plot allocator, on 07788 590348.

All other allotment matters should be addressed to: bhallotment@hotmail.com.

- GARDENER REQUIRED -

We are looking for someone to help us in the garden at The Fairway. Cutting lawns and keeping patios clean.

Hours by agreement; good rate of pay.

Please call 01954 789250

ENJOY ENHANCED COMMUNICATION WITH YOUR CHILD

Babies are naturally gestural – whether they reach up for a cuddle, bang on their highchair, or clap their hands in excitement, they are predisposed to interacting using their hands. Scientific research has proven that babies are born “connected”, meaning that are ready and able to interact. Even newborns are capable of responding and mimicking movements. A few months on and they are ready to start associating meaning with signs accompanied with the spoken word, so there is context and not just direct copying of a gesture. By around six months, babies are perfectly able to start communicating specific needs or thoughts to let others know what they want, what they've seen or heard and what they're excited by.

At a “Sing and Sign” class, we teach carers signs through music, which entertains and stimulates the babies. Class sizes are limited to 12 to ensure a sociable and comfortable environment. Signs are mainly based on Makaton – the easiest for babies to understand and copy. Free Taster sessions and classes are available throughout the year at the Bar Hill Octagon and around Cambridge.

For more visit: www.singandsign.com

E: singandsigncambridge@yahoo.com, T: 07732 380191.

- COUNCILLOR NOTES -

FREE Business Workshops – the full programme of *free business workshops* to help firms grow and develop has been announced with local companies being urged to book their place.

The workshop dates follow news in December that South Cambridgeshire and Huntingdonshire District Councils were funding them, with places already being booked for the first sessions.

The programme focuses on providing support in core business areas of marketing, finance and planning including digital marketing and business start-up workshops. By attending the workshops businesses will also receive an hour's free one-to-one business advice.

To find out more and book your place visit:

www.nwes.org.uk/advice-and-training/how-to-grow-your-business/business-support-workshops-cambs; contact News on 0845 6099991 or info@nwes.org.uk.

Apprenticeships – these are successfully taking place in South Cambs offices.

Government announcement on affordable homes on 4th January 2016 – which mentioned Northstowe as being part of a pilot scheme alongside four other sites where the government will directly commission small and up-and-coming companies to build thousands of new homes on publically owned land. Up to 40% of these homes will be affordable 'starter' homes. The government also announced a £1.2bn starter home fund to prepare brownfield sites for new homes in the next five years.

Home Composting – composting is nature's way of recycling and helps to reduce the amount of waste we put out for collection. By composting kitchen and garden waste you can easily improve the quality of your soil and be well on your way to a more beautiful garden. This easy guide to home composting will provide you with all the information needed to get the best out of your bin.

Special offer on Compost Bins – Cambridgeshire councils are now offering low-cost compost bins delivered to your home. Prices start at just £19.98 plus £5.99 delivery, with **buy one get one half price offers on some bins**. You can order compost bins online at www.getcomposting.com or by calling 0844 571 4444.

Please take a look at the South Cambs website www.scambs.gov.uk. If you need help with accessing forms, information or assistance, or have any comments, please contact:

Bunty Waters T: 01954 201421, 07734 690580;

E: bunty.waters@ntlworld.com;

Roger Hall T: 01954 780304;

E: roger.hall90@ntlworld.com.

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185 High Street, Cottenham, Cambridge, CB24 8RX

Tel 01954 251521

Email: Bolitho@enterprise.net

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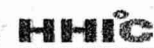
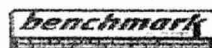


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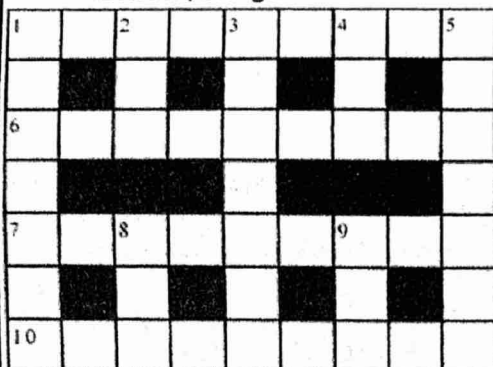


07766 281962 / 07832 261791

FEBRUARY CROSSWORD

Across: 1. Christian ceremony, 6. very complex, 7. calling to mind, 10. excess food etc.

Down: 1. Parish Clerk (3,4), 2. tea, 3. Persea Americana, 4. period of time, 5. moves unsteadily (on the brink etc.) 8. not on, 9. anger.



SOLUTION FOR DECEMBER 2015

Across: 1. Christmas, 6. off colour, 7. aid-de-camp, 10. elections.

Down: 1. Chorale, 2. RAF, 3. slowest, 4. moo, 5. seraphs, 8. due, 9. ado.

BIN COLLECTION DATES

Weds. 3rd Feb. green and blue bins
Weds. 10th Feb. black bin
Weds. 17th Feb. blue bin ONLY
Weds. 24th Feb. black bin
Weds. 2nd Mar. green and blue bins
Weds. 9th Mar. black bin
Weds. 16th Mar. green and blue bins
Weds. 23rd Mar. black bin
Thurs. 31st Mar. green and blue bins

- FOR SALE -

Walking aid with four wheels, hard seat with storage under, locking brakes and back support, folds for transport and storage. Suitable for indoor and outdoor use; two available at £30 each

Three-wheeled walking aid with brakes; folds for transport and storage; £20
01954 200731 Bar Hill

BAR HILL SCHOOL

tel: 01954 273305; fax: 01954 273306;

e-mail: office@barhill.cambs.sch.uk

website: www.barhillschool.co.uk

Happy New Year! The children and staff arrived back after the break refreshed and ready for a very busy term ahead. Although it's wet, cold and dark, it's that time of the year when the pace picks up a great deal. You'll have seen on our Facebook page that children already are out on trips to extend their learning, such as the Year 5/6 trip to London to extend their learning about Darwin, evolution and other aspects of natural history. Similarly, the children in Year 3/4 are moving forward their ambitious plan of creating a production of Joseph, not an easy play to do while also going through the usual curriculum at the same time! Alongside the trips and enrichment linked to the curriculum, we have also started a new clubs list for the term with 37 clubs including lots of new clubs such as "Body Percussion" – there is no shortage of opportunity for the children to get involved in new things this term!

I know that this is a very special year for Bar Hill with the anniversary of the first building of the village. Just before the Christmas break we very much enjoyed a visit from Mrs Eileen Norton, wife of the first headmaster of the school. Mrs Norton enjoyed lunch with us and stayed for our Year 1 and 2 Christmas production and, "was struck by the happy atmosphere in the school".

As we go through this year of celebration for the village, I extend an invitation to any member of the community who would like make a similar visit the school to see what we do on a daily basis or simply to remember times gone past at the school while walking around the buildings. If anyone would like to visit, please book a tour through the front office by ringing the school or contacting office@barhill.cambs.sch.uk.

Dr Al Mistrano, Headteacher

LOVE LIFE – LOVE SLIMMING WORLD

Join our warm and friendly group at Bar Hill School on Wednesdays at 5.30pm or 7.30pm.

Want to lose weight and never feel hungry? Call Chris on 07779 287055.

No pills or potions, just healthy wholesome food suitable for all the family.

Website: slimmingworld.com; T: 0844 897 8000

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The solution is to *Learn IT* with *Laura*. Professional and personal support and training in your home.

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W: www.learnitwithlaura.co.uk.

FEBRUARY PUZZLE

Form nine, nine letter words of endearment in alphabetical order.

A	D	O	E	B	I	I	O	N				R	A	T			
A	F	F	E	C	T	I	O	N			F				I		
A	T	E	E	N	D	L	O	V			T				H		
B	E	T	E	T	I	N	A	T							E		
B	O	Y	F	R	I	N	G	S							I		
C	A	R	G	R	E	R	A	T						L			
C	H	O	H	E	D	R	D	S				T					
C	O	U	H	I	P	R	O	T			E						
C	O	L	I	O	N	R	T	S		V	E	B	I	R			

Solution for December: CELEBRATE, CHESTNUTS, CHRISTMAS, EVERGREEN, FRUITCAKE, GREETINGS, MISTLETOE, SNOWFLAKE, TRADITION.



RESIDENTS' ASSOCIATION



Interested persons are always welcome at Residents' Association meetings. They are usually held on the first Tuesday of the month at 8pm in the Parish Council office.

Next meetings:
2nd Feb., 1st March.

- EVENTS CALENDAR -

date	event	where	time
4 February	NWR – History of Department Stores (page 3)		8pm
4 February	8 O'clock Club – Speaker from Help for Heroes (page 3)	Bar Hill School	8pm
6 February	Community Market (page 4)	Octagon	10.30am–2pm
6 February	Concert – Anything Goes (see below)	Bar Hill Church	7.30pm
6 February	Pop Quiz Night (see below)	Bar Hill School	7 for 7.30pm
9 February	Health and Wellbeing Club (page 3)	Tesco Community Room	2pm–3.30pm
10 February	Wildlife Trust talk (page 21)	Brampton, PE28 4TB	7.30pm
16 February	Bar Hill Book Club (page 4)	The Fox	7pm
18 February	NWR – Belgium (page 3)	tba	8pm
20 February	The Love Food Fair (see below)	Cambridge Central Library	10.30am–3pm
20 February	Valentine's Musical Evening (see below)	Village Hall	6.15 for 6.45pm
3 March	NWR – Women Martyrs/Saints (page 3)		8pm
3 March	8 O'clock Club – Birthday party – members only (page 3)	School	8pm
5 March	Community Market (page 4)	Octagon	10.30am–2pm
9 March	Wildlife Trust talk (page 21)	Brampton, PE28 4TB	7.30pm

HUNTINGDONSHIRE CONCERT BAND PRESENTS
 **ANYTHING GOES!** 
 Join us for an evening extravaganza of concert band music
 on **SATURDAY 6th FEBRUARY 2016** from **7.30pm**
 at **BAR HILL CHURCH**
 Light refreshments will be available during the interval.
 Tickets £8 (£7 seniors & under 16s) available from
 Sue Kenchington: 01954 780260 or reservations
 at: kenchington@supanet.com, or Stephen Lee:
 01954 203310, or on sale after Church on
 Sunday mornings. There will be tickets for sale on the
 night, but we would prefer to have numbers beforehand.
 This is a very welcome return of The Huntingdonshire
 Concert Band. Take advantage of a live performance in our
 own village. As always, it will be an evening of excellent
 music, with a chance to meet friends old and new.

 **BAR HILL PRIMARY SCHOOL**
- POP QUIZ NIGHT - 
Saturday 6th February at Bar Hill Primary School
 Doors open 7pm and Quiz starts at 7.30pm
 Maximum 8 per team; £5 per person
 Licenced Bar (alcohol from our bar only, please)
No nuts; 50/50 Raffle.

VALENTINE THEMED SUPPER & MUSICAL ENTERTAINMENT EVENING
 at the Village Hall
Saturday 20th February at 6.15pm. for 6.45pm.
Raffle to support the British Heart Foundation
 Tickets at £12.50 per person are available from
 Michael Clydesdale, T: 01954 780957 or
 E: Cmikeandmary@aol.com.
 Early booking is advised.
 The Supper menu will be:
 Boeuf Bourguignon, Rice & Vegetables (a vegetarian
 option is available) followed by a Selection of Home
 Made Desserts, Cheese and Biscuits and Tea/Coffee
Bring your own choice of Wine
 The Musical Entertainment will be provided by
 The Accidentalists, a quartet with variety and style
Come along and enjoy the evening!

Little Kickers

**Approved football training for kids aged 18 months
 to their 7th birthday.**
 Classes will be running at Bar Hill Village Hall and all around
 Cambridgeshire from **March 2016**.
 For information call Ashley at Little Kickers South and East
 Cambridgeshire on: 07928 765121; or e-mail:
ajordan@littlekickers.co.uk.
 You can also check our website: www.littlekickers.co.uk.
 Contact Ashley to arrange a **free taster class!**

THE LOVE FOOD FAIR
 This FREE event will be on
**Third Floor at Cambridge Central Library on
 20th February 2016 from 10.30am to 3.00pm**
 A variety of groups and organisations will be providing
 top tips on food, eating healthily and growing your own.
 A fun and informative fair with tasty samples to whet
 your appetite. Why not stay for lunch or a drink
 at the Library Café?

- FOR SALE -
 A sturdy plastic/metal clothes rail in black and chrome.
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...did you know...
 a touch typist's left hand does 56% of the typing?

A VERY HAPPY NEW YEAR TO OUR READERS